

PSYC*1000-01, Course Outline: Winter 2015

General Information

Course Title: Introduction to Psychology

Course Description:

The overall theme of this course is the examination of human behaviour and mental processes using a scientific approach. It will survey some of the major areas of the field such as neuroscience, sensation and perception, learning, cognition, motivation, human development, personality, psychopathology, and social psychology.

Credit Weight: 0.50

Academic Department (or campus): Department of Psychology

Semester Offering: Fall 2015

Class Schedule and Location: Tuesdays & Thursdays 8:30am to 9:50am, MacNaughton room 105

Course website: Please visit regularly the course website at <http://courselink.uoguelph.ca> to obtain important information and materials for this course (e.g., instructions for assignments, lecture slides).

Please note that there are no seminars for this course.

Instructor Information

Instructor Name: Dr. Benjamin Giguère

Instructor Email: bgiguere@uoguelph.ca

Office location: MacKinnon Building Extension (MACK) 4007 (*newer part of MACK, with 4 digit rooms*)

Office hours: Tuesdays 10am to 11am

Wednesdays: 1:05pm to 2:05pm

Course coordinator Information

Name: Mamta Vaswani

Email: mvaswani@uoguelph.ca

Please note: The course coordinator is the person that all student should contact for absences, illness, and grade issues.

GTA Information

Each student is assigned a TA based on her or his last name available for questions, particularly related to the research report. Please consult the list below to know who your TA is.

Students with **last names starting with AAA to HUS**, your TA is:

GTA Name: Tom Beggs
 GTA Email: beggsr@uoguelph.ca
 GTA office location: TBA
 GTA office hours: TBA

Students with **last names starting with HUT to SEM**, your TA is:

GTA Name: Gillian Maurice
 GTA Email: TBA
 GTA office location: TBA
 GTA office hours: TBA

Students with **last names starting with SEN to ZZZ**, your TA is:

GTA Name: Mamta Vaswani
 GTA Email: mvaswani@uoguelph.ca
 GTA office location: TBA
 GTA office hours: TBA

Course Content

Specific Learning Outcomes:

1. **Critical and creative thinking:** Critical and creative thinking is when one applies logical principles and known evidence, after much inquiry and analysis, to solve problems with a high degree of innovation, divergent thinking and risk taking. Four specific aspects of this outcome are intended for students in this course:
 - 1.1. Describe basic concepts from core areas of psychology
 - 1.2. Ask appropriate questions related to the discipline
 - 1.3. Find relevant evidence with a critical eye
 - 1.4. Identify issues and creates a plan to address the problem using knowledge from psychology and other disciplines

2. **Literacy:** Literacy is the ability to extract information from a variety of resources, assess the quality and validity of the material, and use it to discover new knowledge. The ability to use methodological and quantitative literacy also exists in this definition. Four specific aspects of this outcome are intended for students in this course:

- 2.1. Locate and uses information from a variety of resources and formats including books, psychology journals, and journals from related disciplines
 - 2.2. Recognize and describe basic research methodologies (e.g., random assignment, correlational)
 - 2.3. Understand the use of numerical data
 - 2.4. Use technology to research and support the retrieval and communication of knowledge (e.g., CourseLink, library website)
3. **Communication:** Communication includes the ability to communicate and synthesize psychological research and theory, generate and communicate arguments, communicate constructive feedback, and communicate analyses accurately and reliably. Four specific aspects of this outcome are intended for students in this course:
- 3.1. Read at a university level, acquiring most psychological information
 - 3.2. Relate psychological concepts to one's personal experiences and interests to aid in the learning process
 - 3.3. Write clearly and demonstrates general psychological knowledge when describing an idea
 - 3.4. Write with appropriate vocabulary, APA style adherence, proper referencing, and little grammatical, spelling or functional errors
4. **Professional and ethical behaviour:** Professional and ethical behaviour requires the ability to accomplish the tasks at hand with proficient skills in teamwork and leadership; while remembering to use ethical reasoning and research results when making decisions. The ability for organizational and time management skills is essential in bringing together all aspects of managing self and others. Academic integrity is central to mastery in this outcome. Four specific aspects of this outcome are intended for students in this course:
- 4.1. Recognize when something is ethically right or wrong
 - 4.2. Demonstrate behaviour consistent with academic integrity
 - 4.3. Describe ethical principles in conducting research
 - 4.4. Recognize the importance of planning for completion of many tasks

Lecture Content:

Lectures will be coordinated with the readings. The schedule for the readings is provided below along with the schedule for the lectures. To genuinely benefit from this course you need to do the readings prior to attending weekly lectures. Otherwise your experience will be mixed. The readings from the textbook may be supplemented with other material. These will be posted on the course website.

Lectures are designed to both complement and supplement the readings. Material not covered in the readings will be presented during the lectures. Lectures are also designed to present links between the different topics we will be covering. This integration of the material is meant to help you create a more unified (and easier to remember) story for the course and to think more critically about psychological research.

A PDF copy of the lecture slides for each lecture, with the copyrighted material removed, will be posted on the course website. Please review the policy regarding course material found in the course policy section of this outline before downloading them.

Week	Lecture	Date	Topic	Readings from textbook
1	1	Sept 10th	Course overview	None
2	2	Sept 15th	Overview of the field of psychology	Module(s): 1.1; 1.2
2	3	Sept 17th	Knowledge generation and mobilization in psychology part 1	Module(s): 2.1; 2.2
3	4	Sept 22nd	Knowledge generation and mobilization in psychology part 2	Module(s): 2.2; 2.3
3	5	Sept 24th	Biological basis of behaviour part 1	Module(s): 3.2; 3.3
4	6	Sept 29th	Biological basis of behaviour part 2	Module(s): 3.3; 3.4
4	7	Oct 1st	Development part 1	Module(s): 10.2
5	8	Oct 6th	Development part 2	Module(s): 10.3; 10.4
5	9	Oct 8th	Sensation, perception & consciousness part 1	Module(s): 4.1; 4.2
6		<i>Oct 13th</i>	<i>No class--Fall Study Break Day</i>	
6	10	Oct 15th	Sensation, perception & consciousness part 2	Module(s): 4.1; 5.1
7	11	Oct 20th	Sensation, perception & consciousness part 3	Module(s): 5.3
7		Oct 22nd	Midterm	
8	12	Oct 27th	Learning	Module(s): 6.1; 6.2
8	13	Oct 29th	Memory	Module(s): 7.1; 7.2
9	14	Nov 3rd	Cognitive Psychology	Module(s): 8.1; 8.2
9	15	Nov 5th	Motivation	Module(s): 11.1; 11.3
November 6th is the fortieth class day--Last day to drop one semester courses				
10	16	Nov 10th	Emotion	Module(s): 11.4
10	17	Nov 12th	Personality part 1	Module(s): 12.3
11	18	Nov 17th	Personality part 2	Module(s): 12.1
11	19	Nov 19th	Social psychology part 1	Module(s): 13.1
12	20	Nov 24th	Social psychology part 2	Module(s): 13.3
12	21	Nov 26th	Abnormal psychology part 1	Module(s): 15.1; 16.1
13	22	Dec 1st	Abnormal psychology part 2	Module(s): 15.3;
13	23	Dec 3rd	Abnormal psychology part 3	Module(s): 16.2; 16.3
(may be subject to changes, please consult course website for announcements)				

Labs:

Not applicable.

Seminars:

Not applicable.

Course Assignments and Tests:

Assignment or Test	Due Date	Contribution to Final Mark (%)	Learning Outcomes Assessed
Midterm	October 22nd 2015 8:30am to 9:50am; MacNaughton room 105	30%	1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 4.1, 4.2, 4.3, 4.4
Research experience	Must be completed by December 4 th 2015 5pm; See instructions on course website	4%	2.2, 2.3, 2.4, 3.1, 3.2, (3.3), (3.4), 4.2, 4.4,
Mindfulness research report	November 17 th 2015 5pm; See instructions on course website	21%	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 4.2, 4.3, 4.4,
Final exam	December 12th 2015 7pm to 9pm; location TBA	45%	1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 4.1, 4.2, 4.3, 4.4

Additional Notes:

Mid-term exam: The mid-term exam will contain approximately 60 multiple-choice questions. Questions may be drawn from all the course material covered (e.g., readings, lectures) up to and including the material covered during the previous class. The exam will include questions based on material from the textbook but not covered in class, and on material covered in class but not covered in the textbook. **Please MAKE SURE YOU HAVE your student ID card, a few sharpened HB pencils and an eraser with you at the exam.**

Research experience: The goal of the research exposure is to provide you an opportunity to see more closely the process of psychological research. Two options are available to you. You can either participate in actual studies being conducted at the university, or you can read and write a critical analysis of articles reporting on psychological research. Instructions for the research participation will be posted on the course website, please refer to them. **You must have completed this activity by April 2nd 2015 5pm. Do not wait until the last minute!**

Mindfulness research report: Attention is our window to the world, connecting our outside experiences to our inner ones. Mindfulness, or mindful awareness, is a mental state of consistent and flexible attention to the present moment. This state has been linked to better concentration, enhanced memory, improved impulse control, improved pain management, improved stress management,

improved management of depression and anxiety, among other things (see Brown & Ryan, 2003; Grossman, Niemann, Schmidt, & Walach, 2004; Ludwig & Kabat-Zinn, 2008; Tang & al., 2007). Mindfulness thus seems to be a state key to our psychology. Interestingly our ability to be in this state can be trained, just like a muscle, opening multiple possibilities to improve our lives.

The goal of this activity will be for you to research and write a report about mindfulness as it pertains to a topic that you find interesting. Instructions for the mindfulness research report will be posted on the course website, along with the marking rubric, please refer to them. The submission procedure can be found in the instructions posted on the course website.

Final Exam: The final exam will contain approximately 100 multiple-choice questions. It will be a cumulative exam, however, the exam will primarily focus on the material covered since the midterm. Questions may be drawn from all the course material covered (e.g., readings, lectures). The exams will include questions based on material from the textbook but not covered in class and on material covered in class but not covered in the textbook. **Please MAKE SURE YOU HAVE your student ID card, a few sharpened HB pencils and an eraser with you at the exam.**

Final examination date and time:

December 12th 2015 7pm to 9pm; Make sure to confirm the date and time of the final exam by visiting the registrar's website. In case of conflicting information, provided in class, on the course website or any other source you MUST follow the instructions provided on the registrar's website.

Final exam weighting:

45%

Course Resources

Required Texts:

Krause, M., Corts, D., Smith, S. & Dolderman, D. (2015). *An Introduction to Psychological Science (1st Canadian Edition)*. Toronto, Canada: Pearson. ISBN: 978-0-13-292450-4

Recommended Texts:

Dunn, D. A. (2011). *A short guide to writing about psychology (3rd edition)*. Toronto, Canada: Longman/Pearson. ISBN: 978-0-205-75281-2

Lab Manual:

Not applicable.

Other Resources:

Please visit regularly the course website at <http://courselink.uoguelph.ca> to obtain important information and materials for this course (e.g., instructions for assignments, lecture slides).

Field Trips: Not applicable.

Additional Costs: Not applicable.

Course Policies

Grading Policies

The time and date for the midterm are indicated in this course outline.

The procedure for grading along with other important grading information for the research experience is available in the research experience instructions posted on the course website.

The time and date for submitting the mindfulness research report are listed in this course outline. The procedure to submit the mindfulness report is indicated in the mindfulness report instructions. Late submissions for the mindfulness report will be penalized 10% of the marking grade per day. Please note that technology issues (e.g., hard drive crashing--make sure to have backups) and leisure travel are not valid reasons for extensions.

Please also note that work submitted for grades may be **screened electronically for academic misconduct**, including breaches of academic integrity and plagiarism. In this course, your instructor will be using Turnitin, integrated with the CourseLink Dropbox tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

The last date to submit any materials for evaluation for this course is the last day before the final exam period starts, *December 4th 2015 at 5pm*, with the exception of the final exam, which will be conducted during the final exam period.

Please note that there will be no supplemental evaluation or examination for this course.

Final exam date and time

The official time and date for the final exam will be posted on the [university's registrarial services website](#). In case of conflicting information, provided in class, on the course website or any other source you MUST follow the instructions provided on the university's registrarial services website.

<https://www.uoguelph.ca/registrar/>

Course Policy on Group Work:

Not applicable.

Policy on missed classes and exams

All of the information related to the logistical and administrative components of this course will be communicated during class time. If you miss a class, it is your responsibility to make contact with a fellow student and catch up on what you missed, regardless of whether the absence was justified or not.

If you miss an evaluation (e.g., exam, due date for an assignment) you may wish to seek academic consideration for your absence (e.g., if you believe your absence qualifies for medical or compassionate reasons). Please contact the course coordinator as soon as possible if you miss an exam or a due date.

Any documentation provided (e.g., doctor's notes) may be verified by different means, including calling the doctor's office for confirmation. See the undergraduate calendar for detailed information on regulations and procedures for Academic Consideration.

Policy regarding use of electronic devices and recording of lectures:

Electronic recording of classes is expressly forbidden without consent of the instructor. When recordings are permitted they are solely for the use of the authorized student and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

Policy regarding materials provided by instructor and his designates

The material shared by the course instructor or by his designate (e.g., TA) as part of this course, including copies of the lecture slides, are solely for the personal use of the authorized student and may NOT be reproduced, or transmitted to others, whether it is in their original format or a modified version, without the express written consent of the course instructor.

Policy on emails

Only questions that can be answered simply, for example by yes or no or with a short sentence, will be answered by email. For longer answers you will most likely receive an email asking you to come and see me.

Emails will usually be answered within 24 to 48 hours during weekdays. It is possible that some emails that are not from a university address (e.g., @hotmail.com) may be treated as spam. So do not hesitate to come and see one of us if your email was not answered. The university expects you to check your U of Guelph email account regularly and us to use it to communicate with you.

Policy regarding exam copies

Copies of the exam are loaned to registered students for the duration of the examination only. They remain the property of the course instructor at all times. All copies must be returned to the instructor or his designate at the end of the examination time. They cannot be removed from the examination room under any circumstances. All material contained in the exams is copyrighted, and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

University Policies

Academic Consideration

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for

Academic Consideration:

[Academic Consideration, Appeals and Petitions](#)

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

[Academic Misconduct Policy](#)

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Centre for Students with Disabilities as soon as possible.

For more information, contact CSD at 519-824-4120 ext. 56208 or email csd@uoguelph.ca or see the website: [Student Accessibility Services Website](#)

Course Evaluation Information

Please refer to the [Course and Instructor Evaluation Website](#) .

Drop date

The last date to drop one-semester courses, without academic penalty, is the fortieth class day. For regulations and procedures for Dropping Courses, see the Academic Calendar: [Current Undergraduate Calendar](#)

References

- Brown, K. W. & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*, 822-848.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research, 57*, 35–43.
- Ludwig, D. S. and J. Kabat-Zinn (2008). Mindfulness in medicine. *Journal of the American Medical Association, 300*, 1350-1352.
- Tang, Y.-Y., Ma, Y., Wang, J., Fan, Y., Feng, S., Lu, Q., et al. (2007). Short-term meditation training improves attention and self- regulation. *Proceedings of the National Academy of Sciences, 104*, 17152–17156.